

Body Mass Index

Body mass index (BMI) is an important indicator of overall health. Talk to your Avera care team about lifestyle changes to help improve your BMI.

Body Mass Index
WEIGHT (LBS)

| | 120 | 130 | 140 | 150 | 160 | 170 | 180 | 190 | 200 | 210 | 220 | 230 | 240 | 250 | 260 | 270 | 280 | 290 | 300 | 310 | 320 | 330 |
|--------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| 4' 5" | 30 | 33 | 35 | 38 | 40 | 43 | 45 | 48 | 50 | 53 | 55 | 58 | 60 | 63 | 65 | 68 | 70 | 73 | 75 | 78 | 80 | 83 |
| 4' 6" | 29 | 31 | 34 | 36 | 39 | 41 | 43 | 46 | 48 | 51 | 53 | 56 | 58 | 60 | 63 | 65 | 68 | 70 | 72 | 75 | 77 | 80 |
| 4' 7" | 28 | 30 | 33 | 35 | 37 | 40 | 42 | 44 | 47 | 49 | 51 | 54 | 56 | 58 | 61 | 63 | 65 | 68 | 70 | 72 | 75 | 77 |
| 4' 8" | 27 | 29 | 31 | 34 | 36 | 38 | 40 | 43 | 45 | 47 | 49 | 52 | 54 | 56 | 58 | 61 | 63 | 65 | 67 | 70 | 72 | 74 |
| 4' 9" | 26 | 28 | 30 | 33 | 35 | 37 | 39 | 41 | 43 | 46 | 48 | 50 | 52 | 54 | 56 | 59 | 61 | 63 | 65 | 67 | 69 | 72 |
| 4' 10" | 25 | 27 | 29 | 31 | 34 | 36 | 38 | 40 | 42 | 44 | 46 | 48 | 50 | 52 | 54 | 57 | 59 | 61 | 63 | 65 | 67 | 69 |
| 4' 11" | 24 | 26 | 28 | 30 | 32 | 34 | 36 | 38 | 40 | 43 | 45 | 47 | 49 | 51 | 53 | 55 | 57 | 59 | 61 | 63 | 65 | 67 |
| 5' 0" | 23 | 25 | 27 | 29 | 31 | 33 | 35 | 37 | 39 | 41 | 43 | 45 | 47 | 49 | 51 | 53 | 55 | 57 | 59 | 61 | 63 | 65 |
| 5' 1" | 23 | 25 | 27 | 28 | 30 | 32 | 34 | 36 | 38 | 40 | 42 | 44 | 45 | 47 | 49 | 51 | 53 | 55 | 57 | 59 | 61 | 62 |
| 5' 2" | 22 | 24 | 26 | 27 | 29 | 31 | 33 | 35 | 37 | 38 | 40 | 42 | 44 | 46 | 48 | 49 | 51 | 53 | 55 | 57 | 59 | 60 |
| 5' 3" | 21 | 23 | 25 | 27 | 28 | 30 | 32 | 34 | 36 | 37 | 39 | 41 | 43 | 44 | 46 | 48 | 50 | 51 | 53 | 55 | 57 | 59 |
| 5' 4" | 21 | 22 | 24 | 26 | 28 | 29 | 31 | 33 | 34 | 36 | 38 | 40 | 41 | 43 | 45 | 46 | 48 | 50 | 52 | 53 | 55 | 57 |
| 5' 5" | 20 | 22 | 23 | 25 | 27 | 28 | 30 | 32 | 33 | 35 | 37 | 38 | 40 | 42 | 43 | 45 | 47 | 48 | 50 | 52 | 53 | 55 |
| 5' 6" | 19 | 21 | 23 | 24 | 26 | 27 | 29 | 31 | 32 | 34 | 36 | 37 | 39 | 40 | 42 | 44 | 45 | 47 | 49 | 50 | 52 | 53 |
| 5' 7" | 19 | 20 | 22 | 24 | 25 | 27 | 28 | 30 | 31 | 33 | 35 | 36 | 38 | 39 | 41 | 42 | 44 | 46 | 47 | 49 | 50 | 52 |
| 5' 8" | 18 | 20 | 21 | 23 | 24 | 26 | 27 | 29 | 30 | 32 | 34 | 35 | 37 | 38 | 40 | 41 | 43 | 44 | 46 | 47 | 49 | 50 |
| 5' 9" | 18 | 19 | 21 | 22 | 24 | 25 | 27 | 28 | 30 | 31 | 33 | 34 | 36 | 37 | 38 | 40 | 41 | 43 | 44 | 46 | 47 | 49 |
| 5' 10" | 17 | 19 | 20 | 22 | 23 | 24 | 26 | 27 | 29 | 30 | 32 | 33 | 35 | 36 | 37 | 39 | 40 | 42 | 43 | 45 | 46 | 47 |
| 5' 11" | 17 | 18 | 20 | 21 | 22 | 24 | 25 | 27 | 28 | 29 | 31 | 32 | 34 | 35 | 36 | 38 | 39 | 41 | 42 | 43 | 45 | 46 |
| 6' 0" | 16 | 18 | 19 | 20 | 22 | 23 | 24 | 26 | 27 | 29 | 30 | 31 | 33 | 34 | 35 | 37 | 38 | 39 | 41 | 42 | 43 | 45 |
| 6' 1" | 16 | 17 | 19 | 20 | 21 | 22 | 24 | 25 | 26 | 28 | 29 | 30 | 32 | 33 | 34 | 36 | 37 | 38 | 40 | 41 | 42 | 44 |
| 6' 2" | 15 | 17 | 18 | 19 | 21 | 22 | 23 | 24 | 26 | 27 | 28 | 30 | 31 | 32 | 33 | 35 | 36 | 37 | 39 | 40 | 41 | 42 |
| 6' 3" | 15 | 16 | 18 | 19 | 20 | 21 | 23 | 24 | 25 | 26 | 28 | 29 | 30 | 31 | 33 | 34 | 35 | 36 | 38 | 39 | 40 | 41 |
| 6' 4" | 15 | 16 | 17 | 18 | 20 | 21 | 22 | 23 | 24 | 26 | 27 | 28 | 29 | 30 | 32 | 33 | 34 | 35 | 37 | 38 | 39 | 40 |
| 6' 5" | 14 | 15 | 17 | 18 | 19 | 20 | 21 | 23 | 24 | 25 | 26 | 27 | 29 | 30 | 31 | 32 | 33 | 34 | 36 | 37 | 38 | 39 |
| 6' 6" | 14 | 15 | 16 | 17 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 27 | 28 | 29 | 30 | 31 | 32 | 34 | 35 | 36 | 37 | 38 |
| 6' 7" | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 32 | 33 | 34 | 35 | 36 | 37 |
| 6' 8" | 13 | 14 | 15 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 |
| 6' 9" | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 |
| 6' 10" | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 34 | 35 |

- Body mass index (BMI) is a ratio of your height to weight.
- BMI is a way to tell if you are at a healthy weight.
- The higher your BMI, the greater your risk for weight-related health problems like diabetes, high blood pressure, cancer, heart disease and more.

Underweight: BMI = less than 18.5
 Normal weight: BMI = 18.5 to 24.9
 Overweight: BMI = 25 to 29.9
 Obesity: BMI = 30 to 39.9
 Extreme Obesity: BMI = 40 and above